

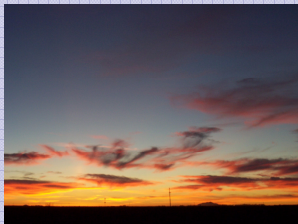
Autogenic Training ...

- Gives you instant relief from various stress symptoms
- Provides you with a greater resilience to emotional and physical challenges
- Reduces fear, depression, anxiety, fatigue, insomnia
- Improves your quality of sleep
- Increases your energy level
- Improves your self-esteem

The Self-Study Program makes it easy and fun to learn Autogenic Training. The six booklets and CDs can be purchased separately for \$17 each, or all together for \$79 (a saving of \$23)..

Order at
www.developserenity.com

Thousands have mastered Autogenic Training before you. And so will you!



Institute of Serenity

Autogenic Training



A Self-Study Program

www.developserenity.com



Institute Of Serenity

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Stress Relief and Stress Management with Autogenic Training



Never before in human history has every-day life been more stressful.

We share with our hunter-gatherer ancestors the experience of stress. Yet for many stress is no longer an inevitable part of life, but its ruler that dominates every aspect. The contributors to stress are not only the increased demands at our work place but also our heightened expectations of perfect health, high material standards of living and happiness.

In this relentless outer and inner busy-ness, many of us lost the art of natural relaxation. We know how to achieve goals, but we don't know how to spend a "perfectly useless afternoon in a perfectly useless manner" (Lin Yutang).

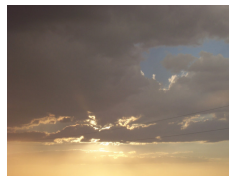
However, we all know about the high costs of our stressful lifestyle. Our physiological health is at stake and our

emotional and spiritual health as well.

Autogenic Training ...

- or in short *Autogenics* - is a self-help relaxation method designed to experience instant relief from stress symptoms and to let you enter a state of deep relaxation. It consists of six mental phrases each focusing on a particular effect related to a state of deep relaxation. Once learned it is an excellent and efficient tool not only to cope with acute stress and to manage stress, but also for a permanent shift into a relaxed and serene mindset.

Autogenic Training is practiced in many countries around the world, especially in Europe. There it is an integrative part in rehabilitation treatment and well respected by the medical community. It is one of the best-researched and documented stress relief and relaxation methods. Studies have shown abundantly that Autogenic Training is extremely efficient in helping patients



with various conditions such as cardiovascular conditions and with emotional difficulties like anxiety and depression.

Autogenic Training is a powerful self-help technique and incredibly easy to learn!

For more information, visit www.developserenity.com.

The Self-Study Program...

... allows you to learn this extraordinary stress relief and stress management method at your convenience in your own home. It consists of

- Six CDs that guide you through the process of learning Autogenic Training step-by-step within a period of six weeks
- Six booklets full of detailed explanations, instructions, answers for common questions, and diary-like pages to facilitate your practice at home
- Email support for all other questions for ten weeks after date of shipping

Visit www.developserenity.com to order your Self-Study Program!

New! Online classes to learn Autogenic Training are now available!

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